

**Residential Weekends
at Sarum College, Cathedral Close
Salisbury SP1 2EE**



Sarum College is a beautiful, historic house set in the tranquillity of Salisbury's Cathedral Close and is an ecumenical centre for Christian study and research, open to all faiths. Their passion, like ours, is learning that nourishes the human spirit.

The centre of Salisbury is only 5 minutes' walk and there's a delightful 1-hour walk around the water meadows. The station is 15 minutes' walk, or 5 minutes and about £6 by taxi.

There is a choice of en-suite or cheaper standard rooms and of vegetarian and non-vegetarian meals, both of a high standard.

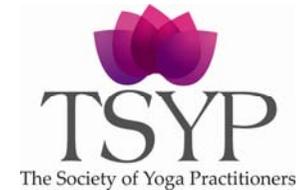
Meetings and practice sessions are held in a south-facing room at the front of the College in clear view of the Cathedral.

These weekends are open to nearly all, from teachers to those who have been involved with yoga for about two years.

TSYP teachers may count this retreat as 15 hours CPU and BWY teachers may log up to 15 hours CPD.



2019



Spring Yoga Retreat

with Michael Hutchinson

BWY DCT and TSYP* Teacher-Trainer

and Elizabeth Murtha

TSYP* Teacher-Trainer

The Inner Form of Asana

A Weekend in Salisbury, 24th-26th May 2019

In our next spring retreat, Michael and Liz will be looking at the inner concept of Asana and its role within Yoga's 8 limbs.

Yoga is associated in most people's minds with āsana. Most 'Hatha Yoga' that is taught focuses on āsana with some breath-awareness and lying relaxation, which are the beginnings of prāṇāyāma and pratyāhāra, and some dharanā (concentration).

However, Yoga's core aim is to still the mind fully and some schools of Yoga focus on meditation rather than on āsana. Is āsana that relevant to the core aim of Yoga? According to Swami Satchidānanda, in his commentary on Patañjali's Y.S. II, 47, "Through the body, we can put a brake on the mind." So stillness of body, if sustained, can promote stillness of mind.

This fits in with Patañjali's concept of Yoga as one whole of Eight Limbs together. So Liz and Michael will be leading us on every aspect of Yoga, principles, physical practices, mantra and meditation. Further to this will be discussion of the available teachings in a like-minded environment. Do join us.

*www.tsyp.org.uk

The Inner Form of Asana: 24th-26th May 2019

This quality of āsana “can be achieved by recognising and observing the reactions of the body and breath to the various postures.” TKV Desikachar, commentary to Y.S. II, 47.

Many āsana-s lie outside our off the mat experiences and close to the edge of our comfort zone. If we can stay in one and yet remain relaxed, as evidenced in our breathing and state of mind, we can experience what Patañjali meant by āsana. The effort of holding the posture will fall away and the body will feel steady, light and free of discomfort.

We may experience an ‘inner form’ to the posture, giving āsana a quality that extends beyond the physical. We may be so absorbed in this that we become aware at the level (maya) of ānanda (bliss). Such experiences strengthen us so when faced with adversity or distraction, we can momentarily direct our awareness to that which our Yoga practice has revealed in each of our hearts – and feel less overwhelmed.

The concept of āsana can be summarised in the phrase ‘sitting well in oneself’, implying relaxation through to our deepest level, in body, breath, sense-perception, reflection and bliss. All Eight Limbs of Yoga will then be present, together with awareness at all five levels (the pañca maya) of our being, having no expectations but simply the joy of being.

“In whatever work he does such a man in truth has peace: he expects nothing; he relies on nothing, and ever has fullness of joy.” Bhagavad Gīta IV, 20 tr. Joan Mascaró

Arrivals: From 3.30pm on the Friday with tea and biscuits at 4.00pm, introduction and practice session 4.30-6.00 pm and supper* at 6.30pm. If you need or wish to share a lift, e-mail michael@twobirdsyoga.com.

Departures: On the Sunday 3.30-3.40pm. Tea available.

Directions: these will be sent out by email near the event.

Accommodation: All will be comfortable; the charges will depend on your choice of single or shared en-suite or single standard room.

Mobile Phones: It is strongly recommended that these remain switched off during the retreat.



Booking Form



for ‘The Inner Form of Asana’ 24th-26th May 2019

Name:

Address:

Postcode:

Phone number:

Email address:

Willing to share? no[] yes[] yes, with []
If no, en-suite [] or standard room []?

Prices: En-suite: £370 (single) £310 (sharing). Standard single: £295
A non-refundable deposit of £120 will secure a place. A balance of £250 (en-suite), £190 (sharing) or £175 (standard) will be due by 10th May.

Amount enclosed:

Please make cheques payable to Michael Hutchinson (Yoga) and send to Michael at ‘Hafod’ Burney Bit, Pamber Heath, Tadley RG26 3TN or make BACS payment to 20-05-00 30678651, quoting your name.

Please let us know where you heard about this event:

Please indicate below any further dietary requirements, for which Sarum College may make a small additional charge